



Dear Parents and Carers,

Young Carers

At Sheldon School, we are looking to raise the profile of young carers to ensure that they are fully supported within school. To help with this, we firstly need to ensure that all young carers within our community are identified. The purpose of this letter is to share information about young carers to assist with this process.

A young carer is a young person aged 5-18 who looks after someone who would not be able to manage without their help and support. This could mean caring for a parent, sibling, grandparent or family friend who has a disability, chronic or terminal illness, mental health condition or addiction. Roles that may be fulfilled include, but are not limited to, the following:

- Physical and personal care, such as helping someone out of bed and/or assisting with getting dressed;
- Cooking, cleaning and/or shopping;
- Offering emotional support;
- Helping with medication and/or medical appointments.

As many as one in five young people may be a young carer, and, on a day-to-day basis, fulfilling this role can impact a young person's behaviour, academic engagement, friendships and wellbeing. It is hoped that by raising the profile of young carers, we can strengthen relationships between home and school to ensure that students and families are fully supported.

This term, a representative from young carers will be delivering an assembly to students in Years 7, 8, 9 and 10 to help raise the profile of young carers. Students will be directed to meet with their Head of Year, Deputy Head of Year, Pastoral Lead or tutor following the assembly if they believe they might be a young carer.

If you believe that your child is a young carer but they are not yet registered as one, please [click here](#) to complete a form. After completing the form, you will be contacted to discuss a referral. Please also complete the form if your child is registered as a young carer so that we can ensure this is recorded on our systems.

Please note, you can also self-refer to young carers by contacting 0300 456 0108 or by emailing Integratedfrontdoor@wiltshire.gov.uk.

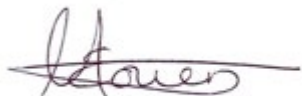
Once a referral has been submitted, it will be allocated to a member of the Wiltshire Council Team, who will contact you to arrange a visit so that they can complete a holistic assessment. This will explore what support can be offered to your family.

Further information, including contact details for the young carers' team, is available in the attached document. You may also wish to visit the following websites for further information:

- Youth Action Wiltshire Young Carers Service - www.communityfirst.org.uk/yaw/young-carers/
- Young Carers Development Trust - www.ycdt.org.uk/

For more information or to discuss the content of this letter in further detail, please contact your child's Head of Year. Alternatively, please feel free to contact me directly – mowen@sheldonschool.co.uk.

Yours faithfully,

A handwritten signature in purple ink, appearing to read 'M Owen', with a long horizontal flourish extending to the right.

Miss M Owen

Associate Assistant Headteacher – Senior Mental Health Lead

Head of Year 7

A young carer is a person under the age of 18 who looks after a family member or loved one with an illness, disability, mental health condition or addiction. They may also help to care for siblings or elderly relatives.

800,000

Estimated number of young carers in England aged 5-17 years

Up to 1 in 5

Young people in England are caring for a family member or loved one at home

What do young carers do?



Practical tasks such as cooking, cleaning and shopping.



Physical or personal care e.g. help with bathing or dressing.



Emotional support for a family member or loved one.



Help with medical appointments and medication.



Contact us

Email:
wiltshireyoungcarers@youthactionwiltshire.org

Telephone:
01380 720 671

Website:
communityfirst.org.uk/yaw/young-carers

How we help young carers in Wiltshire

Youth Action Wiltshire is the award winning 'youth arm' of registered charity Community First (288117). We work with hundreds of young carers every year in Wiltshire through our dedicated Youth Action Wiltshire Young Carers Service.

Our offer includes:

- ★ Adventure and respite activities
- ★ Friendship and peer support
- ★ 1:1 and group support
- ★ An individual support plan
- ★ Counselling (talking therapy)
- ★ Information and advice
- ★ Mentoring and coaching
- ★ Time to talk session
- ★ Skills development and awards
- ★ Specific support for Young Adult Carers